

2010 Sugar Substitutes Guide for Health Professionals

Brand Name	Uses	What is it made of?	Acceptable Daily Intake	Sweetness Compared to Sugar	Compared to 1 cup of Sugar	Cautions	Websites
Equal	-Baking -Beverages	Aspartame – 2 amino Acids	50 mg/kg, 20 12 oz cans of diet soda, or 97.4 pkts/day	160-220 times sweeter	24 pkts	Persons with PKU should avoid	Equal.com
Ideal	-Baking -Beverages	Xylitol - Sugar alcohol	Amt Not Specified=safest FDA category	600 times sweeter	1 cup	May cause bloating, gas or diarrhea	Idealsweet.com
NutraSweet	-Not for Baking -Beverages	Aspartame & Acesulfame-K (potassium)	Aspartame - 50 mg/kg or 20 12 oz cans diet soda Acesulfame-K – 15 mg/kg	200 times sweeter	28 pkts	Persons with PKU should avoid	Nutrasweetswirl.com
NutraSweet Pink	-Not for Baking -Beverages	Acesulfame-K & Neotame	Acesulfame-K – 15 mg/kg Neotame – 18 mg/kg	3500 times sweeter			Nutrasweetswirl.com
Splenda	-Baking -Beverages	Sucralose	5 mg/kg or 28.6 pkts/day 5 cans of diet cola/day	600 times sweeter	1 cup		Splenda.com
Sugar Twin	-Baking -Beverages	Saccharin	5 mg/kg or 9-12 pkts/day	200-700 times sweeter	8 tsps		Sugartwin.com
Sweet One	-Baking -Beverages	Acesulfame-K	15 mg/kg	200 times sweeter	24 pkts		Sweetone.com
Sweet'n Low	-Baking -Beverages	Saccharin	5 mg/kg or 9-12 pkts/day	300-500 times sweeter	8 tsps		Sweetnlow.com
OnlySweet	-Baking -Beverages	Stevia Leaf Extract	4 mg/kg	200-300 times sweeter	12 tsp or 24 pkts	GRAS (generally recognized as safe by FDA)	Onlysweet.com
Organic Zero	-Baking -Beverages	Organic Erythritol	Amt not specified =safest FDA category	30% less sweet	1 cup	GRAS	Organic.zero.com
PureVia	-Baking -Beverages	Rebiana (stevia leaf extract)	4mg/kg	200-300 times sweeter	12 teasp or 24 pkts	GRAS	Purevia.com
Sunett	-Baking -Beverages -Beverages	Acesulfame-K	15mg/kg	200 times sweeter	9% sugar equivalent		Celanese.com
SweetLeaf	-Baking -Beverages	Stevia Leaf Extract	4mg/kg	200-300 times sweeter	18-20 pkgs	GRAS	Sweetleaf.com
Truvia	-Baking -Beverages	Stevia Leaf Extract and Erythritol	12mg/kg or 30 pkts	50 times sweeter	1/3 cup + 1 Tbsp or 24 pkts	GRAS	Truvia.com
ZSweet	-Baking -Beverages	Erythritol & stevia leaf extract	Amt not specified=safest FDA category	30			

Document Created by the Kentucky Diabetes Network (KDN) - June 2010

Sources: International Food Information Council, RD411, American Dietetic Association, JECFA: Joint Expert Committee on Food Additives, FDA, Mayo Clinic